



# Spa Destination Experiences

SPA TERRA  
AT THE MERITAGE RESORT





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Recognized as one of California's finest spas, Spa Terra offers locally-inspired treatments in the sanctuary of an underground Estate Cave. With services, group attendees enjoy access to our luxurious amenities, including a relaxation lounge, Jacuzzi and steam room.

## ***Awards & Accolades***

- Best Spa Resort, *NorthBay Biz*
- California's Best Spas, *San Jose Mercury News*
- Ahhhhhhh Spas, *Chicago Tribune*
- The Best, Most Relaxing Spas to Try in Napa Valley, *Tripping*





## BLEND BAR

Blend personalized products with a signature scent with the help of our spa professionals. Our sleek, portable Blend Bar allows attendees to mix body scrubs, creams and detoxifying mineral salts—all packaged in a 6oz modern apothecary jar to take home.





## HEALING THERAPIES

This memorable experience combines enrichment with indulgence, allowing attendees to learn more about sacred spa rituals while enjoying a mini treatment of their own. Our master therapist reviews the history, practice and benefits of three therapies.

Please select from the list below:

- Reflexology
- Hot Stone
- Aromatherapy
- Swedish
- Deep Tissue



# MEDITATION THERAPY

Break up a day of meetings with a moment of silence and reflection. Led by mindfulness teachers, speakers and coaches, our guided meditation class allows attendees to clear their mind and refocus, utilizing techniques that translate beyond the boardroom into personal life situations.







## YOGA IN THE VINEYARDS

Start your morning with a moment of yoga amid the rolling hills of the resort's own 9-acre vineyard. Your attendees will greet the day with an invigorating yoga flow class to energize the body and awaken the mind. Classes can be held at sunset or by candlelight in our grand Estate Cave.



## SPA ON-THE-GO

Enrich your meeting experience with spa therapy, proven to increase productivity, mental clarity and concentration. This option allows our world-class spa to come to you with your choice of one or all five mini treatments:

- Chair massage: neck, back and shoulder massage to relax attendees
- Hand Reflexology: simple hand massage to calm and improve circulation
- O2 Refresher Facials: oxygen facial with eye mask and shoulder massage
- Shoulder and Scalp Massages
- Hand Masques: exfoliation, massage and lotion treatment

**Duration** – Five to 20 minutes







## CREATIVE ENHANCEMENTS

Reward your team with a variety of thoughtful enhancements that can be added to any experience:

- Spa treatment for each attendee
- Customize-your-own product gift bag
- Fresh smoothies and a variety of healthy natural snacks
- Local wine, artisan cheese and charcuterie platter
- Make-your-own trail mix bar
- Customized programming to match your meeting theme



# RESERVATIONS

We look forward to creating a memorable experience for your team. For pricing and additional information, please contact:

## **The Meritage Resort and Spa – Sales**

Phone: 707.251.1917

Email: [sales@meritageresort.com](mailto:sales@meritageresort.com)

